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THE FEET

How to Take Care of Them

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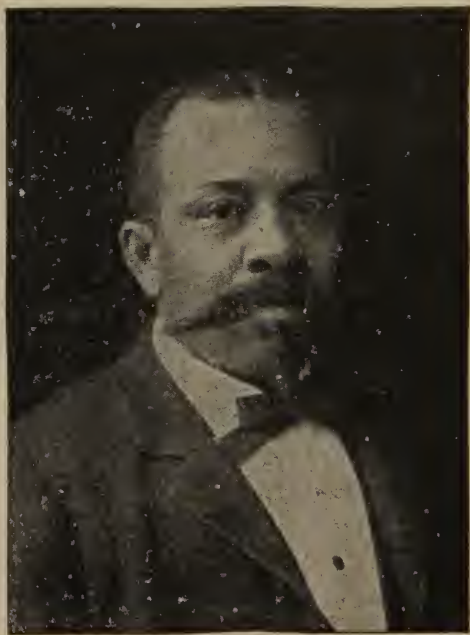
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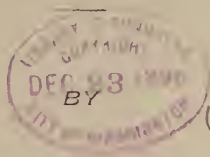
Public Health Service



Prof. Alex. Clark

THE FEET

How to Take Care of Them



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BY

PROF. ALEX. CLARK

31 S. 18th St. Philadelphia, Pa.

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PREFACE.

In the month of May, 1876, I established, in Philadelphia, the first Chiropodist and Manicure office for the practical treatment of diseases of the feet. My success has prompted me to place before the public this booklet, which will prove of great value to both the student and patient, for it is written in the plainest manner possible, that everyone who may read it may thoroughly understand its contents.

I was born in Lynchburg, Va., in 1851, and lived there until I was

18 years of age ; during this time I attended private school, receiving a common school education. I have resided in Richmond, Va., and Cincinnati, Ohio. About 21 years ago I came to this city and opened my office at 1315 Chestnut Street, the site now occupied by Wanamaker's great store I was the first to introduce and practice the profession of Manicuring in this city. After experiencing no small difficulties for several years, I have succeeded, and today have a large and increasing practice, with branches in this city and New York.

During my 21 years experience, excepting two years, when I had my office at Mt. Holly, N. J., in the Arcade Hotel, I numbered among

my patients some of our best citizens.

At my office, which is located at 31 S. Eighteenth Street, is to be seen a fine collection of beautifully and curiously shaped finger nails, from my own hands, which I have polished until they resemble delicate sea shells.

I manufacture many specialties. For my proficiency and perfection attained in the art, I was awarded diplomas at the Exposition held in this city in 1889, and at Wilmington, Del., 1891.

Within recent years much attention has been paid to the proper care and treatment of the nails on the hands and feet; and, as I have often said, persons with fine tastes

are not considered well dressed, no matter how rich or costly their apparel, without clean hands and nails.

Chiropody.

Chiropody is a study to which a great many scientific men are devoting much attention at present. The time is not far distant when it will be one of the branches of scientific knowledge taught in every institution of learning in this country. It is being dignified every day because of its great importance to humanity.

“The feet serve as a base to the human frame,” says a French author, and they should therefore represent such conditions of form

and solidity which their function demand.

Well formed feet are a source of pride to men and women, it is therefore important that they should know under what conditions they may develop them.

In this booklet will be set forth such facts as will render it possible for any person, who reads carefully, to avoid those pains to which corns and bunions so often subject them.

It is painful indeed to have diseased feet, because we depend upon them to bear our burdens.

A corn comes from an injury to the flesh, while a bunion comes from an injury to the joint. The corn may induce a bunion, or the bunion a corn. Bunions are rare-

ly found except upon the joint of the great toe. A hard corn at this point may press so severely against the joint as to injure it, giving growth to the bunion, while on the other hand the joint being injured produces a bunion, which as it grows fills the shoe, causing a friction that gives birth to a corn, making a flourishing combination.

A very simple rule, would if followed, rid humanity of much of the misery to which these growths on the feet give rise; and he is a benefactor indeed who gives this rule in such a form as to cause people to heed it. Short shoes injure the feet by giving birth to ingrowing nails, and narrow shoes cause injury by undue pressure, both

against the joint of the great, or big toe, and against the little toe. These injuries are the cause of much pain.

In every joint of the body there is a membrane the function of which is to secrete a fluid that acts as a lubricant. In the joint of the great toe this membrane is called the *bursa mucosa*, and when injured, inflames and swells. This swelling is commonly known as a bunion. Thus it is seen that bunions are located in the joint, and the swelling is only its effect and not the bunion itself.

A bunion is very rarely found on a foot the great toe of which lies in a direct line with the centre of the heel. This position is the nor-

mal position of the foot, and it would be unnatural to have a bunion come on the foot without some cause. The more the great toe is twisted to one side, the more susceptible is the joint to bunions. To effect a permanent cure for bunions, it is essential that the great toe be restored to its normal position. This can only be done by wearing shoes of the proper shape, and have the stockings made so that they will not bring the toes at the tip end too closely together. The construction of the hose is of just as much importance as that of the shoe, because both play an important part in the development of the diseases of the feet.

Very often diseases are contracted by uncleanness. What is

regarded by some persons as corns are merely inflammation caused by accumulations gathered during a period when the feet are not properly cleansed. To treat both the bunion and tender feet use the foot-bath quite frequently to allay inflammation, and remove whatever callous flesh there may be. At night bind the bunion with linen, well saturated with Neat's foot oil. Wear a shoe that will allow the great toe to resume its normal position. The shoe must also be of some soft, pliable material. A felt shoe is the best that can be procured. If the swelling is on the under side of the joint, then use a thick, soft inner sole from which a portion has been cut away to "fit"

the bunion. If, after this treatment has been followed for a few weeks, there is no relief, then the Chiropodist must be visited, as the bunion is beyond ordinary treatment.

It should be strongly impressed upon the mind that the feet require quite as much, if not more, attention than the hands, yet no member of the body is so sadly neglected.

If any physical ailment assails us, we straightway call in the physician; if we fracture a limb, then the surgeon attends; if our teeth trouble us, then we visit him who makes a specialty of their treatment—the dentist. Then when our feet are diseased, why not visit him

who makes a specialty of their cure
—the Chiropodist ?

It is now quite fashionable to have our hands and our finger nails cared for by the specialist, for beauty's sake ; why not have our feet so treated for comfort's sake ? To enjoy comfort and preserve the health of the feet, we cannot be too careful in the selection of our footwear. Too often an ill-fitting shoe will be endured on the ground of economy, the wearer saying that as the shoes are bought, his money's worth must be gotten out of them, and so persists in wearing them. The wearing out of one pair of ill-fitting shoes will damage the feet to a greater extent than can be repaired during the lifetime of

several pairs of perfect-fitting shoes for unfortunately the evil that misfits do lives after them.

Of course the first essential is a shoe that *fits* the foot; then come some little points which, though they seem trifling, are of vital importance. Few persons give thought beyond the fit of a shoe, and most of us overlook as seemingly small matters the material from which the shoe is made or how the feet are clothed.

Of course to properly qualify for the profession of Chiropody requires time and hard study. At least three years should be devoted to the study of the feet, and as much practical experience should be had to fit one to enter the profession.

There are many ailments which come under the attention of the Chiropodist which are intricate and perplexing, and to treat these requires both knowledge and experience.

I hope see the day when every medical college will open its doors and place a chair therein for some one of our profession. Some of our profession will have to occupy that place. I am proud to say my self, a great deal of my practice is sent to me by physicians, some of whom I do not know but they have heard of me.

Chiropody has been practiced for a great many years, but I have never read or heard of a book written for the profession of Chiropody or care of the feet.

There are four species of corns, the first, and which are more plentiful than any other, are those which form on the top of the toe. In many cases these corns are found on every toe except the great toe. In the treatment of these the utmost care must be taken. The second, which is very often in evidence, is called the soft corn. It forms between the toes and is often caused by perspiration. The inflammation thus caused produces an odor both annoying and offensive. The soft corn can be removed with a scalpel. After it has been removed apply one-half grain of calomel, then saturate a bit of cotton with Neat's foot oil. Change the cotton each day until entirely heal-

ed. The third, I have found I designate as the pin corn, because it is never larger than the head of a pin. It is very small, but deep. It often forms on the sole of the foot and is very painful. In order to rid the patient of this corn, it is necessary to freeze the parts with ether or alcohol. When the parts are numb the operation should be performed. The fourth to which I have referred above, is the one that forms on the third joint of the little toe. This corn is very susceptible to the changes of the weather. When the weather is good it rarely gives the patient any trouble, but when the weather is unsettled it is exceedingly painful. It

throbs much after the order of a tooth-ache and is almost unbearable. In order that this corn may be successfully treated it is necessary to use a chamois during the day and bathe it freely at night with liniment.

I will here give my experience as regards the chilblain. It is formed on the ball of the great toe and by a very common practice. When the foot is very cold and is quickly brought in contact with the fire the chilblain is formed, and in time gives one a great deal of trouble.

Another form of disease very little understood is that peculiar growth developed under the toe nail. This disease is an abnormal

growth and is dangerous because of its peculiar formation. In the treatment of this the Chiropodist should use great care that the skin is not cut too deeply, or poison of the blood may set in.

The bone tumor which forms under the nail, the same as the undergrowth to which I have referred, works up through the nail and appears like a very tough gristle. It is flexible and somewhat transparent. To treat it, it is necessary to work it out until the end is reached and then cut it off. The treatment of the bone tumor should be made by an experienced Chiropodist, and no amateurish effort should be permitted.

That cold feet are detrimental to

good health as well as comfort, every one will admit, and they should also know that if the feet become over-heated, it is quite as injurious to health; therefore, the desideratum is to wear only that which will preserve the normal temperature of the feet. It is a well known fact that woolen garments next the body absorb perspiration better than linen or cotton, and thus protect the skin from the chill which accompanies the sudden cooling of the body. In accordance with this theory we often see writers recommending woolen stockings for the feet. In most cases this is a great mistake, and if followed, results in making the feet tender and very susceptible to cold. In the case of

the woolen garment next the skin, the porous clothing over the woolen garment acts as a sort of safety valve, carrying off surplus heat and moisture, whereas, the woolen stocking is surrounded by a comparatively non-porous leather, that only tends to increase the heat and moisture of the feet. If a cloth shoe is worn, then the woolen stocking is in place, for there is then an outlet for the exudation of the feet. The rule in the selection of hosiery should be to regulate the amount of wool according to the porosity of the leather. With porpoise or patent leather, wear silk or cotton; with calf, kangaroo or grain, wear a mixture of cotton and wool or merino; with cloth shoes, wear woolen stockings.

A very important item in the care of the feet is their frequent and judicious bathing. In order that the epidermis be clear of all exudations and the skin in healthy condition, the feet should receive at least a sponge bath in the morning and a warm water bath at night. The former opens the pores and stimulates the circulation, while the latter cleanses the skin of surplus epidermis and allays all inflammation. If the feet are very tender and have a tendency to perspire freely, then it might be well to occasionally add a little salt and alum to the water. If the perspiration is profuse and attended by odoriferous exhalations, sprinkle a little pulverized tannin in the shoes once a week.

In giving this advice I do not claim originality. I only give those words of wisdom which are best known to the physician, and if followed I am confident happiness would be sure to those who suffer from these ailments.

Finger nails and toe nails are nothing more than hardened forms of the epidermis. When examined near their origin they are found to consist of cells, which gradually dry into scales. These remain coherent after their formation. Of course constant changes are taking place every hour, and these changes are either for the better or worse for the patient.

In caring for the finger nails or the toe nails the edge of the cuti-

cle should never be pared with any instrument, nor the surface of the nail scraped, the nails should be cleaned only with the nail brush to have them at their best, aided, of course by soap and water. An observance of these simple rules will prevent much useless trouble with the nails of hands and feet.

When we wear a shoe that is too short for the foot, the end of the nail is brought against the leather. This interrupts its forward growth and as new material is added to it, it spreads out on the sides and becomes unusually thick. It then presses upon the soft parts of the toe, and is said to "grow into the flesh," and is termed an ingrowing toe nail.

These ingrowing nails are very painful and give people a great deal of trouble. The anxiety attending an operation is intense, and it should be the constant care of every one to ward against them as much as possible.

Should the case be a severe one and attended by proud flesh, then it is a case for the surgeon, and should receive immediate attention, or the proud flesh will soon attain such growth as to require the removal of the nail, which is a more painful operation than that of removing the toe or a limb. The ordinary ingrowing nail can be cured by a little time and close attention. First of all, the cause must be removed and a shoe worn that is very

soft and pliable, affording plenty of room for the free movement of the toe. Next soak the foot well in warm water, to remove inflammation and render the nail pliable. Do not cut the nail, particularly at the corners. Press small pellets of lint as far under the corner of the nail as possible without causing pain, and wrap the toe very lightly with linen well saturated with glycerine. Dress the toe at least twice a day, replacing the lint, and endeavor each time to slightly increase its quantity. When the nail becomes long, cut it so that the corners will project beyond the center.

Another remedy that has been found to be quite effectual is to cut

a small notch at the center of the nail, leaving the corners square. Then begin about half way back on the nail and scrape toward the notch until the nail is quite thin. This leaves the nail a thin strip through the center and relieves the pressure from the sides.

The simplest remedies for feet diseases are often the best. Many remedies offered for sale by specialists are dangerous and others are of no use whatever. I have devoted 26 years to the study of Chiroprody and I can speak from practical experience.

If my remedies are used as recommended, I am sure that the desired effects will obtain. I present here a full list of all my specifics and will advise their application in all cases herein mentioned.

Useful Preparations.

Brazilian Toilet Cream.

The most elegant and delicate preparation ever compounded for the face and hands. This preparation should be used in place of water. *Price, 50c cents per Bottle.*

Brazilian Toilet Wash.

For the face and hands. This preparation should be used in the place of soap. *Price, 50 cents per Box.*

Brazilian Bellotropaline.

For softening the cuticle around the matrice of the nails. It prevents the nails from becoming harsh and brittle. This preparation is superior to any used.

Brazilian Rosy Tip.

For tinting the nails, in connection with the Brazilian Nail Powder, which, when properly used, according to the directions given on each box, will preserve and beautify the nails. This will produce a brilliant and lasting polish, and in connection with my skillful manner of treatment, will render them smooth and of a beautiful tint.

Brazilian Nail Bleach.

For Bleaching and cleansing the nails, it will render them like ivory

Brazilian Powder.

For entirely eradicating perspiration and removing all offensive odor from the feet, hands and all parts of the body without any inconvenience. *Price, 25 and 50 cents per box.*

Brazilian Corn Remedy.

Price, 25 cents per bottle.

Brazilian Frost Liniment.

For frosted feet, hands and ears. *Price, 50 cents and \$1.00 per Bottle.*

Brazilian Rheumatism Ointment.

For external use only. *Price, 50 cents and \$1.00 per Bottle.*

Brazilian Corn and Chilblain Salve.

Price, 50, 75 cents, and \$1.00 per Box.

Brazilian Whitening.

For softening the hands and face, rendering them soft and velvet like. *Price, 50 cents per Box.*

Brilliant Nail Polish.

One of the most effective, perfect and harmless nail powders compounded. It will produce a brilliant and lasting polish upon the nails, and in connection with my skillful manner of treatment, will render them smooth and of a beautiful

tint. All should take the same pains to have beautiful nails that they would to have pearly teeth.

For Sale.

Brilliant Nail Polish, Nail Cleaners, Nail Files, Nail Scissors and Nail Cham-
ois. Complete Manicure Sets made to
order, from \$1.50 to \$50.00

Beautiful Finger Nails and Hands.

The hands beautified, the nails shaped, preserved and polished to the highest condition of beauty. Corns, ingrowing nails, frosted feet, chilblains, bunions, callous flesh and all diseases of the feet successfully treated without pain or drawing of blood, and without any inconvenience to the patient. All orders promptly attended to. Terms moderate and within reach of all.

References.

The names of five thousand ladies and gentlemen can be seen at my office, among them, many of the highest medical and society references.

*Instructions Given, for a Small
Amount, to Anyone Wishing to
Learn the Skill of Mani-
cure and Chiropodist.*

My Terms

Sometimes persons inquire : "Why do I have to pay in advance ?" In reply I would say that the reason is, many of my patients living hundreds of miles away are entire strangers to me, and I having no reference as a protection, am compelled to take this precaution. In the manufacture of my specifics, which are produced without reference to cost, my expense is enormous. My experience for the past twenty-one years has been to keep in the front rank of the profession of Manicure and Chiropody. I devote all my energy and study to the utmost good and I treat all alike, impartially, fully realizing that I confer an untold blessing on those I cure. Such evidences increases my practice and determines my permanent success. Humanity has prompted me to do the very best possible.

Please ask your Druggist for

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